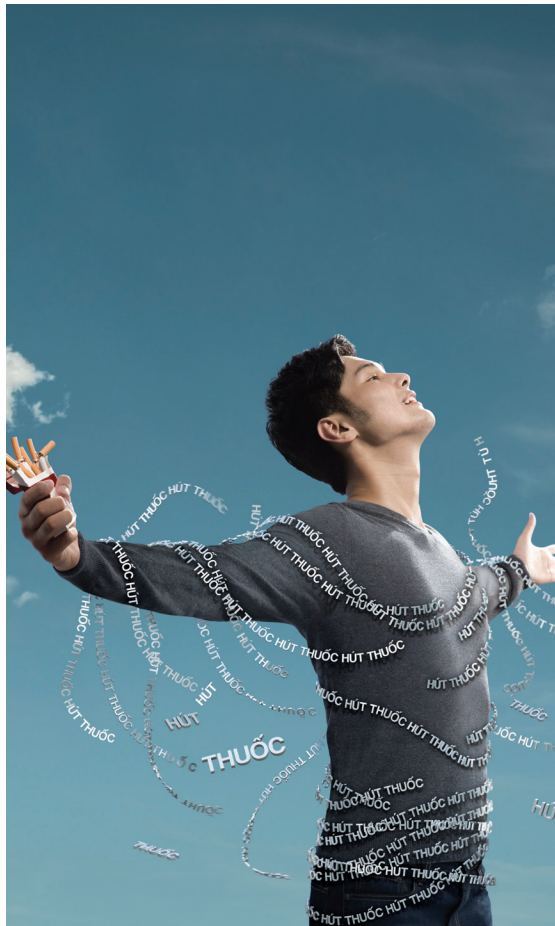


# Free Yourself from Smoking!



*Thousands of people have already quit.*

*You can too! The Asian Smokers' Quitline (ASQ) can help.*

## What is ASQ?

- A free smoking cessation program that doubles your chance of quitting smoking
- A nationwide service funded by the Centers for Disease Control and Prevention (CDC)

## What does ASQ offer?

- One-on-one cessation counseling in Chinese, Korean and Vietnamese
- In-language self-help materials
- Free nicotine patches sent directly to the smoker

## ASQ is open:

- Monday–Friday, 7am - 9pm Pacific Time

## Services provided in:

- Chinese 1-800-838-8917
- Korean 1-800-556-5564
- Vietnamese 1-800-778-8440

**Learn more about us:**

[www.AsianSmokersQuitline.org](http://www.AsianSmokersQuitline.org)

**Contact us:**

[asq@ucsd.edu](mailto:asq@ucsd.edu)